



LIFELINK

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5 Things you need to know about 2016 Navy Suicide Prevention Month

1 Small ACT was introduced as the *Every Sailor, Every Day* campaign's central message during 2015 Navy Suicide Prevention Month (September). This message encourages members of the Navy community to use everyday interactions as opportunities to make a difference in the lives of others, while strengthening connections through active engagement. With 2016 Navy Suicide Prevention Month around the corner, here are five things you need to know:

1. **1 Small ACT will remain the *Every Sailor, Every Day* campaign's primary message.** Starting in September we will expand application of this message, focusing on individual coping skills as well as community and command-level support. Look forward to simple tips to promote self-care, such as journaling and practicing gratitude, as well as new ways to practice more familiar healthy behaviors like restful sleep and healthy eating. We will also discuss small acts that can make a difference at the peer, family and command levels, including Navy's evidence-based intervention tools.
2. **Navy Suicide Prevention Month isn't just a 30-day "blitz."** Each September is a month-long launch for sustainable and tailored local engagement throughout the upcoming fiscal year. Each year, new concepts and tools are introduced to educate audiences, advance the conversation and motivate positive behavior. Application of these tools can enable prevention at all levels.
3. **Suicide prevention coordinators (SPC) are key players during Navy Suicide Prevention Month and throughout the year.** Feedback collected from Sailors indicates that peer interaction weighs heavily on perceptions that may motivate or discourage a desired behavior. As your command's SPC, you are more than a program manager—you are a familiar face with a powerful and influential voice.

Use this month as an opportunity to foster open and ongoing dialogue, reenergize local efforts and keep your shipmates engaged. Learn more by registering for our webinar on Aug. 30 at 12:00 eastern, co-hosted by Navy & Marine Corps Public Health Center. Register [here](#).

4. **Navy Suicide Prevention Branch will release an updated toolkit with resources to support local engagement.** This toolkit will be available mid-August and will be distributed directly to SPCs and other key influencers who have subscribed to Navy Suicide Prevention Branch's distribution list (sign up [here](#)). It will be available for download from www.suicide.navy.mil and will include key messages, event ideas, sample social media messages and plan of the day notes, a sample Suicide Prevention Month proclamation, new graphics and more.
5. **The 1 Small ACT Photo Gallery will remain open for submission.** Last year more than 400 "Small ACT Selfies" were submitted for the photo gallery, highlighting the many ways to be there for others. This year, participants can also share ideas on how to take care of themselves as individuals (self-care). How many selfies or group photos can you encourage your shipmates and family members to submit? Updated 1 Small ACT signs and details are available at www.suicide.navy.mil > **Every Sailor, Every Day**.



Lifelink Spotlight

Real Warriors. Real Battles. Real Strength.

The Real Warriors Campaign is a multimedia public awareness and education campaign which aims to encourage help-seeking behavior among service members, veterans and their families coping with invisible wounds. Launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) in 2009, the campaign is an essential part of the DoD's overall effort to encourage warriors and their families to reach out and seek psychological care and support for mental health concerns.

Decreasing barriers associated with psychological health treatment and encouraging service members, veterans and their families to seek appropriate care when necessary are at the crux of Real Warriors' mission. Their website, www.realwarriors.net, houses articles on topics such as reintegration into family life following deployment, understanding psychological health care options, tips to promote physical and psychological health and more—including actions for line leaders. The website also features video testimonials from service members across the DoD who have reached out for psychological support and/or treatment with successful outcomes, such as maintaining their security clearances and continued success in their military or civilian careers. Video profiles of these real warriors are tangible examples of how seeking help is a sign of strength that benefits the entire military community.

In addition to their website and other online resources—including Facebook, Twitter, YouTube and Message Boards—the campaign offers print materials, [live chat](#) and a [mobile app](#) to encourage help-seeking behavior throughout the military community. The mobile app is available for Apple devices and features a wall where users can snap a picture; personalize it with a filter, message and caption; and upload. Once posted, peers can “salute” images and share with friends on other social media networks. In addition to photo challenges and unlocking achievements, the app provides access to confidential, 24/7 psychological support resources.

Navy Suicide Prevention Branch is a proud partner of the Real Warriors Campaign. This September, Real Warriors will once again accept “Small ACT Selfies” on their mobile app (also viewable on mobile browsers at realstrength.realwarriors.net). These submissions will be included in the 1 Small ACT Photo Gallery on the Operational Stress Control [Facebook page](#). For more information and to download the new Small ACT Selfie template, visit www.suicide.navy.mil.

To learn how you can get involved with the Real Warriors Campaign and obtain digital and printed materials for your command free of charge, visit www.realwarriors.net/getinvolved.php.

Plan of the Week Notes

Below are sample Plan of the Week notes aligning with topics covered by the Every Sailor, Every Day campaign during the month of August:

1. Are you motivated and eager, or struggling to keep up? Understanding your stress zone can help you respond accordingly and stay mission ready. Check out this infographic for quick reference: <http://go.usa.gov/xjgbC>
2. Spread the truth: Less than one percent of revoked or denied security clearances are due to psychological health problems. However, failure to seek help or allowing problems to worsen may lead to negative impacts on performance, conduct and finances—factors that may impact one's ability to obtain or maintain their required clearance level. It's okay to speak up when you're down. Learn more here: <http://go.usa.gov/xjgbC>
3. If you notice changes in a shipmate's outlook or behavior, start the conversation before it's too late. If finding the right words seems challenging, mention the signs that caught your attention and prompted you to check in. For example, “I've noticed that you haven't been spending time with [friends, shipmates, family] and have been [drinking, sleeping, isolating yourself] more.” Take time to listen, then ask *directly* about suicide. Always have resources available, such as the Military Crisis Line's information. 1 Small ACT can save a life. <http://go.usa.gov/xjXRk>
4. Your kids experience operational stress, too! Starting the school year, whether in a familiar or new environment, can be challenging for parents and students alike. Check out these tips to keep an even keel during back to school season: <http://bit.ly/2aOF0ZW>

Every Sailor Every Day Starts with YOU: Understanding Evidence-Based Intervention Tools for Sailors at Risk of Suicide

Featuring Navy and Marine Corps Public Health Center and
Navy Suicide Prevention Branch

Save
the
Date

30 Aug 16
@
1200 ET

Registration is required for this webinar. For registration information, visit the HPW Department's Webinars Web page. You must have a Common Access Card to register/attend this webinar.



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE



News and Resources

Feeling Overwhelmed by
News? You're Not Alone
[DCoE](#)

Try these Shockingly Easy Acts
of Kindness to Help Others and
Yourself
[Guard Your Health](#)

Prevention is Key to Mental
Health
[DCoE](#)

Navy Medicine Wants Sailors,
Marines to be a Partner in their
Health
[Navy.mil](#)

Can Olympians Motivate Your
Eating?
[HPRC](#)

Health Promotion & Wellness
August Toolbox (Preventive
Health)
[NMCPhC](#)

Keep What You've Earned Play
to Live Pledge
[Max.gov](#)

From Sailors to Civilians:
Preparing to Transition from
Military Service
[All Hands](#)

Navigating C-Way: A Sailor's
Guide
[Navy.mil](#)

Commanding Officer's Suicide
Prevention Program Handbook
[Issuu](#)

Current and Upcoming Events

**Webinar: "Every Sailor,
Every Day Starts with YOU"**
August 30, 1200 ET
[Register Here](#)

**Navy Suicide Prevention
Month**
September

SPC Training Webinars
August 25, 1400 CT
September 13, 1000 CT
September 29, 1200 CT
[Register Here](#)

Mind over Mood: Six Ways to Think Positively

Positive thinking can improve your mood and help you keep stress in check. Here are six ways you can turn negative thoughts into positive thoughts:



1. Don't Overgeneralize. Overgeneralization is the belief that because something happened once it will happen again.

- You have trouble sleeping this week and think "I will *never* get a good night's sleep." Instead, replace *never* with more accurate words such as *sometimes* or *occasionally*.

2. Manage your Mental Filter. Using a mental filter means focusing on the negative details of a situation and ignoring the positive aspects.

- Your children say they love you but wish you would not yell so often and you think "I am a *terrible* parent." Instead, challenge yourself to use a calm, positive tone in the future.

3. Avoid Jumping to Conclusions. Jumping to conclusions is quickly making assumptions without all the facts.

- A friend has not returned your phone call and you think "I *must* have done something to anger him." Instead, allow yourself time to rethink what may have happened and check in with him again.

4. Beware of Magnification. Magnification is blowing negative situations out of proportion.

- Your boss points out an area where you can improve and you think "I am *awful* at my job." Instead, choose not to let a small mistake overshadow your accomplishments.

5. Drop the Labels. Labeling is attaching a general label to yourself or others based on a limited amount of information.

- You forget about a doctor's appointment you scheduled and you think "I am an *idiot*." Instead, remind yourself that you only missed one appointment and come up with a reminder system for the future.

6. Relieve yourself of Blame. Blaming is **holding yourself responsible for an act you did not do** or placing your pain onto others.

- You and your spouse get in an argument and you think "It's all *your* fault. You always make me angry." Instead, use your energy to solve problems together instead of placing blame.

Cognitive Behavioral Therapy Support

Cognitive behavioral therapy is a type of counseling used to help you understand and change the way you think and behave. Try the following strategies on your own to increase your positive thinking:

- Identify Your Negative Thoughts.** Write them down and determine which forms of negative thinking you use often. Use the above examples to replace negative thoughts with positive ones.
- Examine the Evidence.** Ask yourself if your negative thoughts are *actually* true. List the evidence that supports and goes against your thoughts. Come up with a more balanced thought that takes all the evidence into consideration.
- Show Yourself Compassion.** Avoid putting yourself down. Treat yourself in the same kind way you would treat a friend.

The way you choose to think about an event in your life can influence how you feel and act. Challenge yourself to recognize and change negative thoughts as a way to improve your mood and behavior.

This article was contributed by the Real Warriors Campaign and can be viewed in its original form at www.realwarriors.net/veterans/treatment/positivethinking.php.